|  |  |
| --- | --- |
| **Lentil and vegetable soup**    Serves 24 - 30 tastes  Source: taste.com.au | |
| **Ingredients**   * 1/2 14.5-ounce package multi-grain spaghetti (the Bon Appétit Test Kitchen used Barilla Plus) or whole wheat pasta * 3/4 cup coarsely chopped Italian parsley * 6 tablespoons olive oil, divided * 3 tablespoons drained capers * 3 anchovy fillets * 3 garlic cloves, chopped, divided * 6 cups thinly sliced savoy cabbage * 1/2 12-ounce bag frozen haricots verts (slender green beans), thawed * 1 1/2 cups grated Parmesan cheese, divided * 1/2 14.5-ounce package multi-grain spaghetti (the Bon Appétit Test Kitchen used Barilla Plus) or whole wheat pasta * 3/4 cup coarsely chopped Italian parsley * 6 tablespoons olive oil, divided * 3 tablespoons drained capers * 3 anchovy fillets * 3 garlic cloves, chopped, divided * 6 cups thinly sliced savoy cabbage * 1/2 12-ounce bag frozen haricots verts (slender green beans), thawed * 1 1/2 cups grated Parmesan cheese, divided   1 brown onion, finely chopped  2 celery sticks, trimmed and diced  2 carrots, peeled and diced  1 swede, peeled, diced into 1cm cubes  2 garlic cloves chopped  ½ cup red lentils, rinsed  2 x cans diced tomatoes  500ml vegetable stock or water  3 teaspoons ground cumin  Salt and pepper to taste  Chopped fresh coriander and parsley to serve | **Equipment**  Measuring cups and spoons  Large pot for soup  Knives  Chopping boards  Wooden spoon  Small red ramekins for individual serves |
| **What to do:**   * Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain, reserving 1 cup pasta cooking liquid. * Meanwhile, puree parsley, 4 tablespoons oil, capers, anchovies, and 1/3 of chopped garlic in mini processor. * Heat 2 tablespoons oil in large skillet over medium-high heat. Add cabbage; sauté until wilted, about 3 minutes. Add haricots verts and remaining garlic; toss 1 minute. Add 3/4 cup cheese, pasta, and 2/3 cup pasta cooking liquid, then parsley mixture from processor. Toss until sauce coats pasta, adding more pasta cooking liquid if dry, about 2 minutes. Season with salt and pepper. Serve, passing remaining 3/4 cup cheese separately. * Prepare all the vegetables * Heat the oil in a large saucepan over medium heat. Add the onion and garlic. Cook, stirring for 5 minutes or until soft. * Add cumin and cook until fragrant * Stir in vegetables water / stock, canned tomatoes and lentils. Bring mixture to the boil. Simmer for 25 minutes. * Check the soup for seasoning * Ladle soup into the serving bowls * Garnish with chopped parsley and coriander * Serve | |